

# Systematic Desensitization Homework

## Exercise to practice:

Holding images

Watching videos

Exposure at a distance

## How much anxiety was aroused by the exercise?

Please score each day on a scale of 1 to 10, with 1 being the lowest and 10 the highest level of anxiety.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## What were the challenges you encountered with this exercise?

Please use this space to make any additional comments for discussion in your next session.